



City of Newton, MA

INVEST IN YOURSELF

August 2013 Health and wellness newsletter for employees

NEED YOUR BLOOD PRESSURE TAKEN? HAVE A MEDICATION QUESTION?

A nurse from our Health & Human Services Department is available for consultation. Just call ahead to make sure someone is in the office.
Ext. 1420

August Zumba
Wednesdays in
the
War Memorial
from 5:15 to
6:15 PM

\$32 for the
4-week session
Begins Aug 7.
Sign up today!

Email
wellness
@newtonma.gov

PREVENTING TICK-BORNE DISEASES

There has been a lot of talk about these 8 legged arthropods these days. Different species of ticks can cause different diseases like Lyme Disease, Rocky Mountain Spotted Fever and Tularemia.

Dog Ticks: Dog ticks are a large breed of ticks (about the size of a watermelon seed) found all over Massachusetts including Cape Cod and Martha's Vineyard. Dog ticks spread Rocky Mountain Spotted Fever, a bacterial infection (not very common in MA) and tularemia.



Deer Ticks: Deer ticks are a smaller breed of tick (adults about the size of a sesame seed, nymphs about the size of a poppy seed) get most of the press be-



cause of their ability to spread Lyme Disease, Babesiosis, Ehrlichiosis and Anaplasmosis.

There are many things you can do to protect yourself against these ticks and the diseases they carry:

- When walking in the woods, wear a long sleeved shirt and tuck your pant legs into your socks so ticks are easier to spot on your clothing
- After walking in the woods, check yourself and your family for ticks; remember that the ticks that cause Lyme Disease are small and brown
- Talk to your veterinarian about the best ways to keep ticks off of your pets
- Use a DEET containing bug spray on your clothing to prevent ticks from crawling on you
- In your yard, keep the grass cut short, and remove leaves and brush from around your home

NEWTON FARMER'S MARKETS

Tuesdays 1:30-6:00 p.m.

Cold Spring Park
1200 Beacon Street, Open now through Oct. 29
This market is walkable from City Hall!

Fridays 12:00-5:00 p.m.

American Legion Post 440
295 California St., Parking Lot
Open now through Oct. 4



There will be farm fresh fruits and vegetables, turkey, beef, fresh fish, cheese, eggs, olive oil, baked goods, jams, jellies, plants, and flowers.



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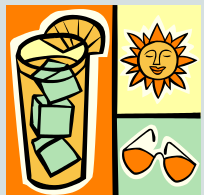
August 2013

SUMMER SAFETY TIPS

BOATING

There's nothing like being outdoors, floating and boating with your family and friends. Here are some tips to stay safe during your summer boating excursions:

- Don't drink: Alcohol can impair judgment and decrease reaction time. It is dangerous and illegal to drink and boat!
- Take a course: 7 out of 10 boating accidents are caused by operator error. Keep your family & friends safe and learn before you boat!
- Wearing a lifejacket can dramatically decrease your risk of drowning while boating. Adults and children should wear life jackets, even if they already know how to swim.



FIREWORKS

Watching bright, beautiful colors light up the night sky is both fun and exciting on a warm summer evening. Taking the proper safety measures will

add to a perfect evening with your loved ones.

- Leave it to the professionals! Consumer fireworks including sparklers are dangerous for children and can cause 3rd degree burns.
- Follow rules set by the fire department and stay an appropriate distance away during a display.
- After the firework display, children should never pick up fireworks that may be left over as they can often still be active.

BATS!



During the warm summer months bats love to find cooler places to stay, like your home. These unwanted guests can carry rabies, a serious disease for humans and pets.

What do I do if I have a bat in my home??

It is important to capture the bat to be tested for rabies if it has come in contact with anyone in your house. Call animal control, or pest control services if you do not feel comfortable catching the bat yourself. Here are some tips if you decide to catch the bat by yourself:

-Don't touch the bat with bare

hands, or damage its head during capture because the brain is needed for rabies testing.

-Place the bat in a sealed container and store it in the refrigerator.

-Contact the health department where you live to inquire about testing. Bats must be dead to be tested.

Rabies testing is conducted at the state lab, and results are typically available within 24 to 48 hours. If the bat tests positive, or is unable to be tested, preventive rabies shots are typically recommended. Your primary health care provider will help you determine what treatment is necessary.

SUMMER SALSA/ KALE CHIPS



Ingredients:

- 5 perfectly ripe tomatoes, diced
- 1 small red onion, chopped
- 2 cloves of garlic peeled and minced
- 1 bell pepper (any color) chopped
- 1 jalapeno chili (if you like spicy)
- 1/4 c. of finely chopped cilantro leaves
- 1/4 tsp. of cayenne (if you like spicy)
- 1/4 tsp. of salt
- 1 tbsp. fresh lime juice

Directions:

Mix all ingredients in a bowl well and serve with your favorite tortilla chip!



KALE CHIPS

Ingredients:

- 1 large bunch of kale, separated from stems
- 1 tbsp. fresh lemon juice
- 1 tbsp. olive oil
- 1/4 tsp. salt

Directions:

1. Turn oven on bake at 250° and lightly oil (2tsp.) with olive oil
2. Add kale, lemon juice, oil, and salt to bowl and mix gently to coat kale evenly
3. Arrange the kale on baking sheets in a single layer and place in the oven
4. Bake for 30-35 minutes until crispy but not brown